


LEHI SENIOR CENTER

MONTHLY NEWSLETTER

OCTOBER 2018

This newsletter will tell you about all activities at the Senior Center this month!

- To register for a class, activity, or trip... come into the Senior Center, call 385-201-1065, or email cmayberry@lehi-ut.gov.
- Pick up an **Activities & Meals Calendar** at the Senior Center to stay “in-the-know” about weekly activities and daily meals (meals must be called in by noon the day before).
- **View this newsletter online!** – visit www.lehi-ut.gov/recreation/seniors
- **Follow us on Facebook** – Search “Lehi Senior Center” and give us a “Like”! ☺ 

EVENT THIS MONTH

EVENT: Spooky Senior Shindig- Halloween Party

Wednesday, October 31st, 11:30 am



BOO! Halloween is a fun time for Fall Festivities and games! This year, we are celebrating with a Spooky Senior Shindig- but don't worry, it's not really that spooky!

We will have a “Tricks” and treats as we watch a performance by a magician!

Don't forget to dress up for the costume contest. Prizes will be awarded.

Our lunch that day will be a “Monster” Meal with honey-dipped bat wings, Dracula's Yellow Teeth, Frog eye salad, Wicked Witch's apple, “Day old” roll and a pumpkin cookie.

Make sure to RSVP for lunch!

We will have fun games, prizes and music perfect for a Halloween Afternoon.

TRIPS THIS MONTH

TRIP: Tuacahn, St. George Overnight Trip

Registration and Payments for this trip are past due. If interested, please ask a staff member if there is still room or to be put on the waiting list.

October 3-5, 2018 - Join the Lehi Senior Center on a trip to St. George Utah. This trip includes rest stops AND scenic visits to Cove Fort, Cedar Breaks National Monument, Johnson's Farm Dinosaur Dig Site Museum and of course the Red Barn in Santaquin for ice cream, treats, gifts, produce and more. It also includes the opportunity to attend two Tuacahn Shows – "Prince of Egypt" and "Rodgers and Hammerstein's Cinderella". And a back stage tour!

TUACAHN "ENCORE" OVERNIGHT TRIP

That's right! We're going back again to see another show, enjoy the Fall weather and have an enjoyable experience! Expect the unforgettable!
Tuacahn Theater is an intimate, outdoor theater that uses the gorgeous natural red rock as its backdrop. Join us for "Broadway in the Canyons!"

WHO: Adults ages 60+
DATE: October 3-5, 2018
TIME: Leave from Lehi Senior Center @ 8:00 a.m. on Wednesday & return to Lehi around 6:00 p.m. on Friday
PRICE: See next page for prices and payment deadlines

INCLUDES:

- 2 Nights at Americas Best Value Hotel,
- Transportation (separate motor coach),
- One Tuacahn Show Prince of Egypt,
- Backstage Tour
- Bingo & Snacks,
- One Lunch & Lunch Gratuities,
- Free Hotel Breakfast,
- Heated Outdoor Hotel Pool,
- Johnson's Farm Dinosaur Site Tour,
- Cedar Breaks National Monument Scenic Tour

SEE FOLLOWING PAGES FOR SHOW DETAILS & ITINERARY

TRIP: Heber Valley "Western Music and Cowboy Poetry Gathering"

(Payment was due October 1st. If interested- check with a staff member to see if there are still openings or a waiting list)

October 25-26, 2018 - Join the Lehi Senior Center on a trip to beautiful Heber City. We will leave from Lehi Senior Center @ 12:30 p.m. on Thursday the 25th, and return to Lehi around 3:00 p.m. on Friday the 26th - depending on traffic.

For this little get-away, the seniors will enjoy 1 Night at Holiday Inn Express in Heber, Hot breakfast, Bus, Bingo treats, and snacks. We will visit the DUP Museum Heber, Utah Truffles, CAF Utah Wing Aviation Museum, and Tom's Cabin. And of course Western Music, Cowboy Poetry, Exhibits, vendors, booths, and good company!

Lehi Senior Center
Overnight Trip
Heber City's Western Music
& Cowboy Poetry Festival



Date: October 25-26, 2018
Time: Leave from Lehi Senior Center @ 12:30 p.m. on Thurs & return to Lehi around 3:00 p.m. on Fri
Price: See back for prices
Includes: Hotel, Hot breakfast, Bus, Bingo treats, and snacks, Visit DUP Museum Heber, Utah Truffles, CAF Utah Wing Aviation Museum, Tom's Cabin and of course Western Music, Cowboy Poetry, Exhibits, vendors, booths, and good company!

See back for pricing details & itinerary!

A \$10 deposit is due upon registration. Payment in full due October 1st. Trip is subject to cancellation if we don't receive sufficient RSVPs.

ANNOUNCEMENTS

Blood Pressure Clinic Dates

Most Fridays from 11:00 a.m. – noon.
Check the calendar or call the Senior Center for more details.

Thanks to A Plus Home Health & Hospice, Creekside Home Health & Hospice, Pointe Meadows and Hospice & Palliative Care for Utah for making our Blood Pressure Clinics possible this month!



Senior Center Closure Dates

Monday, October 8th – Columbus Day

Monday, November 12th - Veterans Day



SPECIAL ACTIVITIES & PRESENTATIONS

FREE PRETZEL and PIZZA GIVEAWAYS AT THE CENTER

Mondays and Wednesdays during lunch. Do you love free things? Do you love to win? Do you love pretzels or pizza?! If you answered "YES!" to any of these questions, you are in luck! **Every Monday**, Auntie Annie's Pretzels are donated and can be picked up. **Every Wednesday during lunch** we will be raffling off Pizza Hut pizzas (pizzas will be frozen). Pizzas are awarded one per family.



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See conditions below:

- You **MUST** attend lunch in order to have your name entered into the pizza drawing. This means you **MUST RSVP for lunch by 12:00 p.m. the day before** the Raffle Day.
- No names will be entered into the raffle unless you have RSVP'd for lunch.
- The number of pizzas raffled each week will vary.
- Raffle items may include pretzels, pretzel bites, pizzas, pasta, breadsticks, and more.
- Items will be raffled off during lunch.
- Only one name entry per family (additional entries cannot be purchased or requested).



Health Screenings

Tuesday, October 2nd, 9:30 am-12:00 pm The Nursing Students from UVU will be here to provide free health screenings with blood pressure, oxygen levels and blood sugar. More details to come.

BUNCO BASH & GAMES

Tuesday, October 9th, 12:30 p.m.- Sign up to join the fun of Bunco! No experience needed. This game is fun and easy to learn. We will have other games to play as well. Let Jan know if you'd like to come for lunch before the games begin. This is free to play for Senior Center Members. Prizes and treats are included. See you there!



POETRY IS FOR EVERYONE

Mondays, October 15- November 26 (6 sessions), 10:00-11:30 am.- Everyone has a story to share. This class will teach you to share your stories in a way that is interesting and memorable! Learn the basics of poetry and short story writing. Taught by published author & poet Lorraine Jeffrey. We are closed on Nov. 12, but will continue the class the following weeks.



Watercolor Art Class

Thursdays, 9:30 a.m. – Noon.

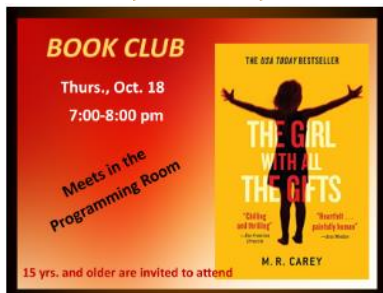
We are going to start a new 4-week session of watercolor painting class. See the currently flyer for details on the exact dates.

This class is for beginners and intermediates. They will be focusing on holiday pieces. No experience necessary. Supplies are provided and you will walk away with a finished piece each week. You must register a head of time to attend.

Those attending for the first time pay \$25 for the class. (Includes paint set to keep, paper, brushes, materials). Those returning students pay \$10 for supplies. Those that are not senior center members pay \$30 or \$15.

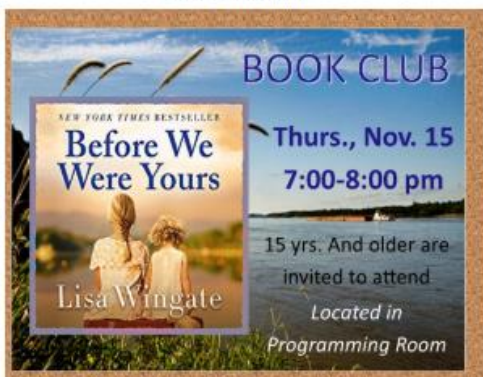
All payments need to be paid by the Thursday before the class to keep their spot in the class. Class size is limited.

Lehi City Library Book Club

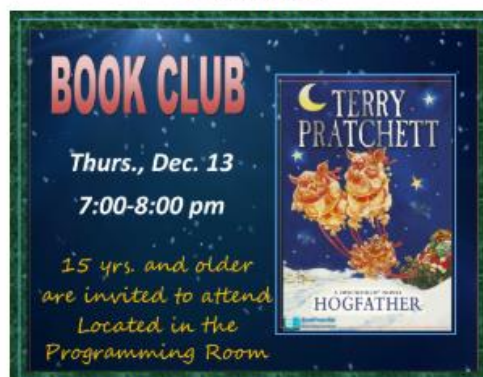


We've been invited to participate in the Lehi City Library Book Club. They meet once a month on a Thursday evening to discuss different books each month. This is free to attend, no registration needed- even if you haven't read the book. For October, they will meet on Thursday, October 18th from 7-8 pm. They are discussing "The Girl with all the gifts" but M.R. Carey. November and December books are listed below as well.

November



December



*If you are interested in starting or helping with a book club **specifically** for the Senior Center, please let Corinne know! We'd love to have one here as well!*



Monday Movie Mania!

Monday, October 22nd, 12:30 pm – Join us for a movie with Monday Movie Mania! We show some of the old classics you know and love - and a few recent flicks too! Come for lunch, stay for a movie! Or just come for the show! Bring your own snacks if you'd like, but we will have a treat! Corinne is also taking requests of what to watch. If you would like to share some of your favorite movies with her, she'll put them on our list to choose from.

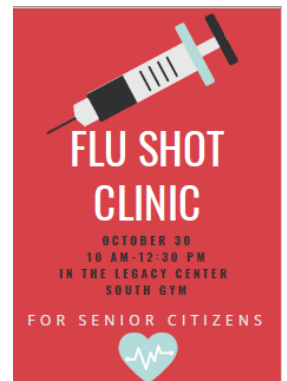
This month we will watch "The Birds" in honor of October and Halloween. See you there!



Birthday Celebrations

On the 4th Friday of every month, we have a small birthday celebration for all those who had a birthday during the month! Join us for lunch on **Friday, October 26** to enjoy a sweet treat, and sing happy birthday together! *Be sure to call ahead to reserve your lunch.*

Annual Flu Shot Clinic *Tuesday, October 30th, 10am-12:30 pm* The County will be here to give Seniors flu shots for the winter. This will be held in the Legacy Center- the South Gym. More details to come.



COMING IN NOVEMBER

TRIP: BYU Planetarium- Space Presentation *Thursday, November 8th, 11am-1:30 pm* Join us as we look at the stars and planets during a Star Show. \$3/person. Sign up today. More details to come!

EVENT: Thanksgiving Luncheon *Friday, November 16th, 11:00 am* Games, prizes, entertainment and of course Lunch! Please RSVP for a lunch count. More details to come.

TRIP: Local High school Musical Production *Date: TBD- mid November.* We look forward to supporting our community and seeing great entertainment. More details to come!

"Hee Haw" Merry Music Makers Performance: *Monday, November 26th, 12:00 pm.* Make sure to RSVP for lunch! More details to come.

WEEKLY CLASSES

**Classes with a red asterisk require call-ahead registration*

Crochet Club	Tuesdays 10:15 a.m.
Tai Chi Class	Mondays & Wednesday 10:30 a.m. (videos) Tuesdays & Thursdays 12:30 p.m. (Instructors) 2 nd Tuesday of each month will be video instruction at 12:30 p.m.
Watercolor Class*	Thursdays 9:30 a.m. – noon <i>(see current flyer for dates)</i>
BINGO	Tues & Fri 11:30 a.m.
Humanitarian Quilt-Tying Club	Thursdays 11:00 a.m.
Line Dancing	Fridays 10:00 a.m.
Blood Pressure Clinics	Fridays 11:00 a.m. – noon
Family History 1-on-1 help*	By Appointment
Computer 1-on-1 help*	By Appointment
Lunch*	Monday – Friday served at Noon <i>Call by noon the day before to make a reservation</i>
Free Indoor Track	Monday – Friday 10am-2pm, @ the Legacy Center
Billiards Room	Available during open hours
Living With Hearing Loss *	Wednesdays 10-11:30 a.m. <i>(September 5-October 12)</i>
Card Playing Club	Tuesday, Thursday, Fridays – 9:30 am
Poetry is for Everyone Class*	Mondays 10-11:30 a.m. <i>(October 15-November 26)</i>

PLEASE SHARE THIS INFORMATION WITH ANY FRIENDS THAT MIGHT BE INTERESTED IN JOINING US FOR ACTIVITIES. HAVE A WONDERFUL MONTH! 😊